



## 12 TENETS OF HOPE AND HEALING GRIEF

### **SHORT VERSION**

The 12 Truths nurture individual healing. The 12 Tenets guide us in community.

1. We create a welcoming space for hope and healing from grief.
2. We gather as equals, listening to collective wisdom and quiet spiritual guidance.
3. All who seek healing from grief are welcome.
4. Groups are independent while supporting the spirit of our fellowship.
5. Our purpose is to offer a path of hope and healing to anyone who seeks it.
6. We stay free of outside agendas to keep our focus on Hope and Healing Grief.
7. Groups are sustained by voluntary member contributions and mutual support.
8. We offer fellowship, not treatment or professional advice.
9. We practice humility, simplicity, and inclusivity in all we do.
10. Confidentiality and respect protect our safety and trust.
11. Our strength rests in timeless truths and spiritual principles—not personalities.
12. No one has to grieve alone; together we light the path of hope and healing.



## 12 TENETS OF HOPE AND HEALING GRIEF

### LONG VERSION

The 12 Truths nurture individual healing. The 12 Tenets guide us in community.

1. Together, we create a space for hope and healing, welcoming all who seek relief from grief.
2. We have no leaders; we gather as equals, led by the collective wisdom of our shared experience and the quiet guidance of something greater than ourselves.
3. Our fellowship is open to all who seek healing from grief, whatever its source or how it is experienced.
4. Each group is independent, shaping its own meeting experience while supporting the spirit of our fellowship.
5. Our shared purpose is to offer a path of hope and healing to anyone who seeks it.
6. We remain free from outside agendas, causes, or ideologies, so our focus is always — simply — Hope and Healing Grief.
7. Every group is sustained through voluntary contributions of its members, shared commitment, and mutual support.
8. We offer understanding and fellowship — not treatment, diagnosis, or professional advice.
9. We practice humility, simplicity, and inclusivity, letting these qualities guide how we show up and serve one another.
10. Confidentiality and respect — within and beyond our gatherings — protect the safety and trust of our fellowship.
11. Our strength rests in time-honored truths and spiritual principles — not in personalities or persuasion.
12. We remember that no one — anywhere — has to grieve alone; together we light the path of healing and hope.